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Laurel MD 20723
(410) 313 - 0380
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Email: nlaurel50@howard-countymd.gov

50+Center Hours

Monday - Friday
8:30 am - 4:30 pm

On the Web at
howardcountymd.gov/aging or
howardcountymd.gov/northlaurel50

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**North Laurel Connections & 50+ Center are closed
Monday, September 2 and
Monday, October 14**

**WANT THE NEWSLETTER VIA E-MAIL?
Complete a Postcard at the
50+ Front Desk**

NORTH LAUREL 50+ CENTER ACTIVITIES & PROGRAMS

Mastering Aging

Take time this Fall to engage in exploring aging.

- September is National Senior Center Month with the theme "The Key to Aging Well." Throughout the month, members can engage in opportunities to grow, learn, connect and give at the Center.
- October 1st through 7th is Active Aging Week with free interactive and self-directed activities on the theme of "Redefining Aging" - for a broader, wholistic engagement to being active than just exercise.
- On October 19th, "Master Aging", the Howard County Office on Aging and Independence's signature event at Howard Community College, features opportunities to enhance your wellbeing, express your creativity and design your own life's encore.

More information on these and other "mastering aging" opportunities are available at the Center ~ please join in!

Stop by and enjoy all the Center has to offer -

Trisha, Carmen & Cheryl

CENTER HIGHLIGHTS

Balance Seminar & Assessments

**Tuesday, September 24
11 am**

**Magic & Comedy Show
Thursday, October 31
11 am**

REGISTRATION

50+ Center Membership is free and is a quick application process. Membership is required to attend or register for any class, program or activity.

Registering for classes and programs is easy. Sign-up at the 50+ Center's Front Desk which is open from 8:30 am until 4 pm Monday through Friday. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**.

Class information is available in this monthly newsletter, on the web at www.howardcountymd.gov/50pluscenters and at <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when a member may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover any costs associated with the program.



Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

NUTRITION AT NORTH LAUREL

Daily Lunch Program

12 noon

Lunch is served Monday through Friday, unless otherwise noted. To join us for lunch, sign-up in the lunch binder in advance.

If you need to cancel your lunch, please call 410-313-0380.

Meals are available to persons age 60 and older. The cost is \$4.62 for a regular or deli meal, \$5.17 for a box or deli meal with soup and \$6.13 for a special meal. Persons age 60+ are requested to contribute towards the cost and those under 60 years of age pay the full cost of the meal.

The monthly menu is available at the
50+ Center Front Desk

Healthy Tastings: Nutrition Education

Tuesday, September 17 10:30 am
Tuesday, October 15 10:30 am

Join the 50+'s Nutrition Program Specialist to explore healthy foods through this interactive presentation. Get information on food trends and nutritional value and learn new recipes and healthy choices. Visit the bulletin board outside the kitchen for the monthly topic.

One-on-One Nutrition Education

Monday, September 9 9:30 am to 12 pm
Monday, October 28 9:30 am to 12 pm

Schedule an individual appointment with a Registered Dietician and improve your health and quality of life through nutrition counseling. Sign up at the 50+ Front Desk for a 30 minute session or 1 hour for diabetics.

If you need accommodations to attend North Laurel events or if you need this document in an alternative format, contact the 50+ Center at 410-313-0380. People who have a hearing or speech disability, please contact us through Maryland Relay by calling 7-1-1.

SOCIAL PROGRAMS

LIFELONG LEARNING

Birthday Bash

Tuesday, Sept 24 & Oct 29 12 noon
Celebrate your birthday with a free lunch and cake. Sign-up in the lunch binder to reserve your spot by 9/17 & 10/22.

Sponsored by the North Laurel Senior Council

50+ Acoustic Jam Session

1st Tuesdays 1 pm to 3 pm
Meet up with local music enthusiasts to share and play; bring your instrument of choice. All talents are welcome.

Rack 'Em Up Pool Party

Thurs, Sept 5 & Oct 3 12:30 pm to 2:30 pm
Friendly competition at the pool tables in Rocky Gorge. All players welcome.

Matinee Movie

Thursday, September 19 1 pm to 3 pm

Widows

Thursday, October 17 1 pm to 3 pm

The Old Man and the Gun

Free viewing with snacks & popcorn for sale. Sign-up in the Matinee Movie binder.

Game Day

Every Thursday 1 pm to 3 pm
Challenge your mind in this interactive arena. Bring your own games to share or choose from ones at the Center.

Sit, Stitch 'n Give

Fridays 11 am to 3 pm
Gather to socialize and stitch projects for personal use or community giving.

Fresh Conversations Workshops

Monday, September 23 10 am
Monday, October 21 10 am

Discuss current nutrition and health topics with an educator from the UMD Extension. See page 6 for more details.

A partnership between the University of Maryland Extension, Howard County Office of Aging and Independence & the Maryland Department of Aging

Food Club

First Fridays 11 am
Share recipes, explore cuisines, share in kitchen Q & A, learn about kitchen gadgets and meal prep ideas, share stories and meet others who are passionate about the culture of food.

HCPD Outreach

Wednesday, September 11 10:30 am
Visit with a Howard County Police Officer for tips on protecting yourself and your home.

News Talk: A Current Events Group

Thursdays 10 am to 11:30 am
A lively discussion group focusing on current news locally, nationally and globally.

Computer Chat

Select Weds & Fridays 12 pm to 4 pm
Meet with a tech volunteer to get help with your technology questions. Please schedule a 1 hour appointment at the 50+ Front Desk.

Talkin' Broadway Series

Cancelled until further notice

**Class schedules are subject to change
Please confirm latest dates with staff**

EXERCISE CLASSES

Current Class Schedules are available at 50+ Front Desk

Age Well Exercise

Tuesdays & Thursdays, 10 am to 11 am

Cost: \$23 for 8 classes

Learn basic cardio combinations, burn calories, increase endurance and build lean muscle tone and bone density.

Instructor: Leah Daniels.

Ballroom Dance

Tuesdays, 1:30 pm to 2:30 pm

Cost: \$52 for 6 sessions

Learn basic steps to a variety of fun and versatile dance styles. All levels welcome.

Instructor: Steve Ferrara.

Building Balance

Tuesdays & Thursdays, 11:15 am to 12:15 pm

Cost: \$48 for 8 sessions

Light cardio and muscle strengthening exercises to improve posture and build hand-eye coordination for better balance.

Instructor: Leah Daniels.

Mat Pilates

Wed & Friday, 11:15 am to 12:05 pm

Cost: \$46 for 8 sessions

Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core.

Instructor: Maggie Lockhart.

Mindful Mondays

Mondays, 9 am to 9:45 am

Cost: \$35 for 6 sessions

This fusion class combines gentle, guided meditation with light yoga stretches to incorporate mindfulness into your daily life.

Instructor: Connie Bowman.

Head-to-Toe Strength Building

Fridays, 9:30 am to 10:15 am

Cost: \$42 for 6 sessions

An all-over workout of targeted areas that focuses on developing flexibility, balance, core strength and stamina.

Instructor: Leah Daniels.

Chair Yoga

Mondays, 10 am to 10:50 am

Cost: \$52 for 8 classes

Enjoy the benefits of yoga in this seated exercise designed to reduce stress and increase range of motion, strength and muscle tone.

Instructor: Lisa Rados, RYT.

Gentle Yoga

Mondays, 11 am to 12:15 pm

Cost: \$56 for 8 classes

Learn proper posture and breath work while strengthening your body and relieving stress.

Instructor: Lisa Rados, RYT.

Zumba Gold

Wednesdays, 9:30 am to 10:30 am

Cost: \$54 for 8 sessions

A fun, Latin - inspired workout designed for the active older adult, incorporating Zumba's contagious rhythms at a lower intensity.

Instructor: Roxanne Hartman.

Exercise Classes are subject to change.

Current class schedules are available at the
50+ Front Desk.

We do not prorate classes and there are no
refunds for missed classes.

EXERCISE AND FITNESS

Line Dance

Tuesdays 11:15 am to 12:45 pm
Cost: \$5 per month effective 10/1/19

Learn today's popular step sequences in these fun weekly sessions. The first half of class is basic and beginner refresher steps and the second half is more advanced sequences. Led by Linda Pohland.

Walking Club

Monday - Friday 8 am

The Walking Club meets five days a week for a brisk walk around the indoor track-12 laps equals one mile. A safe and weatherproof way to stay fit! Cards are at the Front Desk to record distance and time to track your "tracks."

Massage Therapy

Wednesdays & Fridays 10 am to 1 pm

No Massage 9/4, 9/6, 9/11 & 9/13

Experience the relaxing benefits of massage therapy to help relieve the stress in your life. Services provided in the Health Room by Ellen Consoli, LMT.

\$22 for 15 minutes - \$32 for 25 minutes

\$58 for 50 minutes

Make an appointment at the 50+ Front Desk

Blood Pressure Screening

1st and 3rd Tuesdays 11 am until 12 pm

A nurse practitioner will be in the lobby area to take your blood pressure.



Go 50+ Fitness Center @ North Laurel

Monday to Saturday 8 am to 9 pm

Closed most Mondays & Wednesdays from 12:30 pm to 2:00 pm

Sunday 9 am to 6 pm

The Fitness Center is an affordable and fun way to work out especially with the GO 50+ Fitness Package. Offered in collaboration with Howard County Recreation and Parks, the Go 50+ Fitness Pass is available for purchase by any Howard County 50+ Center member. With access to five fitness locations throughout Howard County, the cost is \$75 per year for Howard County residents, \$100 for non-residents or for a \$5 drop-in fee. It includes unlimited use of the Center's fitness equipment room. Visit the 50+ Front Desk for more information.

Exercise & Fitness Consultation

Tuesday, September 17 9 am to 12 noon

Tuesday, October 15 9 am to 12 noon

Cost: \$15 for a 30 minute session

Through an individual appointment with exercise specialist, Malarie Burgess, you will receive a personal consultation on exercise, health and fitness related topics including:

- Jumpstarting an Exercise Routine
- Selecting the Right Program for You
- Working Out at Home
- Orientation to the Fitness Center
(Go 50+ Fitness Pass required)

Make an appointment at the 50+ Front Desk

Sign - up for programs at the 50+ Front Desk

THE ARTS AT NORTH LAUREL 50+

Music with Kay

Wednesday, Sept 4 10:30 am

Wednesday, Oct 2 10:30 am

Sing-along to classics and favorites with the keyboard music of 50+ member, Kay Carter. Find us in the Hammond Branch Room.

Music with Al

Thurs, Sept 12 & Wed, Sept 25 * 11 am

Tuesday, Oct 15 11 am

Drop-in for the musical renderings of Mr. Al Callahan. Dancing and singing along are encouraged.

Open Art Studio

Mondays 1 pm to 4 pm

Drop in to work on individual projects in the Patuxent Art Studio. Please register at 50+ Front Desk.

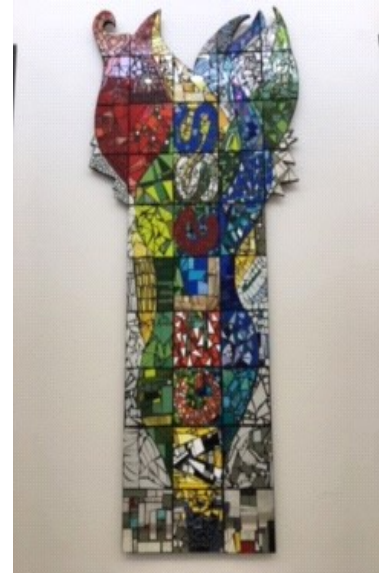
50+ Crafting Club

Wednesdays 1 pm to 4 pm

Share ideas, connect and create easy do-it-yourself crafts in a fun, engaging environment. All crafters are welcome! Please bring your own materials.

Visit North Laurel's newest mosaic piece "Fountain" installed in June 2019.

Self-guided
Tour Cards
available in
the Lobby



SPECIAL PROGRAMS AT NORTH LAUREL

Fresh Conversations Workshop

Monday, September 23 10 am to 11 am **Eating Out and Eating Healthy- Just Got Easier**

Monday, October 21 10 am to 11 am **Heart Healthy Fat Facts**

Discuss current nutrition and health topics, taste low-cost healthy recipes, and discover ways to stay active and independent. Learn tips on how to make easy changes to manage chronic conditions. Get motivated to eat healthier and get more physically active. These workshops are presented by Karen Bassinger, MS, CFCS, LDN, Family Consumer Sciences, University of Maryland Extension Service. Please register at the 50+ Front Desk.

A partnership between the University of Maryland Extension, Howard County Office of Aging and Independence & the Maryland Department of Aging

Virtual Dementia Tour®: Do you know what living with dementia is really like?

Wednesday, October 23 10 am to 12 pm

This workshop is a hands-on experience that simulates dementia and includes a debriefing and educational segment. Created to offer assistance and practical tools to help those who care for someone with dementia, this tour provides insight and empathy to understand the realities of life with dementia. To register or for more information, contact Emily LeClerc at 410-313-5917 or map@howardcountymd.gov.

MONTHLY SPECIAL EVENTS AT NORTH LAUREL 50+

Community Café

Wednesday, September 3 9 am until 10:30 am

Tuesday, October 1 9 am until 10:30 am

Learn about 50+ Center programs and events while interacting with others over coffee and snacks in the Lobby.

Sponsored by the North Laurel Senior Council

Medicare Card Lamination Event

Friday, September 13 10 am to 12 pm

Howard County SHIP will be on site to laminate your Medicare and two additional cards.

Sponsored by the State Health Insurance Assistance Program (SHIP) - 410-313-7392

Fall Book Sale

Friday, September 13 9 am to 1 pm

Choose from a variety of gently used books to benefit the programming at North Laurel 50+.

Sponsored by the Book Babes of North Laurel

Welcome Back Party with Al *

Wednesday, September 25 11 am to 12 pm

Free Concert; Lunch by donation for those 60+ Celebrate getting back to full operations at the 50+ Center with the musical renditions of Al Callahan followed by a special lunch. Must reserve a lunch by 9/17.

Balance Seminar and Assessments

Tuesday, September 24 11 am to 12 pm

See how balanced you are and learn more about age-related balance changes and the effects of exercise on balance. Presented by a licensed Physical Therapist.

Estate Planning Seminar

Friday, September 27 11 am to 12 pm

Embark on your personal planning journey with information to plan for what happens to your assets and affairs after your death and who takes charge in the event you lose capacity. Presented by Attorney, Andre McDonald.

COMING IN OCTOBER

Master Aging: Engage, Educate and Inspire @ Howard Community College

Saturday, October 19 10 am to 3 pm

Admission: \$1 Capital Steps Tickets: \$5

This conference-style event features seminars, exhibitors and entertainment for the 50+ community. Workshops will cover lifelong learning and leisure, technology, exercise and will showcase 50+ Center activities.

A Walk in the Park

Wednesday, October 2 9 am

Sing-along with Ellis

Wednesday, October 2 11 am to 12 pm

Baltimore Museum of Industry: Mill on the Patapsco

Friday, October 11 11 am to 12 pm

AARP Smart Driver TEK™

Thursday, October 17 10:30 am to 12 pm

Financial Seminar

Thursday, October 24 11 am to 12 pm

Magic & Comedy Cabaret

Thursday, October 31 11 am to 1 pm

Sign - up for programs at the 50+ Front Desk

September - Senior Center Month – 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 50+ Center Closed for Labor Day	3 Community Café 9 Agewell 10 Blood Pressure 11 Building Balance 11:15 Line Dance 11:15 Jam Session 1 Ballroom Dance 1:30	4 Zumba Gold 9:30 Music w/ Kay 10:30 Pilates 11:15 Crafting Club 1	5 Agewell 10 News Talk 10 Building Balance 11:15 Pool Party 12:30 Open Games Day 1	6 Strength Building 9:30 Food Club 11 Sit, Stitch 'n Give 11 Pilates 11:15 Computer Chat 12
9 Mindful Mondays 9 One-on-One Nutrition Ed 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	10 Agewell 10 Building Balance 11:15 Line Dance 11:15	11 Zumba Gold 9:30 HCPD Outreach 10:30 Pilates 11:15 Crafting Club 1	12 Agewell 10 News Talk 10 Music with AI 11 Building Balance 11:15 Open Games Day 1	13 Strength Building 9:30 Book Sale 9 SHIP Lamination 10 Sit, Stitch 'n Give 11 Pilates 11:15
16 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	17 Fitness Consultation 9 Agewell 10 Healthy Tastings 10:30 Blood Pressure 11 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	18 Zumba Gold 9:30 Massage 10 Pilates 11:15 Crafting Club 1 50+ Center closes at 2 pm for staff meeting	19 Agewell 10 News Talk 10 Building Balance 11:15 Matinee Movie 1 Open Games Day 1	20 Strength Building 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Computer Chat 12
23 Mindful Mondays 9 Chair Yoga 10 Fresh Conversations 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	24 Agewell 10 Balance Seminar 11 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	25 Zumba Gold 9:30 Massage 10 Welcome Back Party w/ AI 11 Pilates 11:15 Crafting Club 1	26 News Talk 10 Open Games Day 1	27 Strength Building 9:30 Massage 10 Estate Planning 11 Sit, Stitch 'n Give 11 Pilates 11:15 Computer Chat 12
30 Open Art Studio 1 Celebrate Active Aging Week 10/1 to 10/7 → → → →	October 1 Community Café 9 Agewell 10 Blood Pressure 11 Building Balance 11:15 Line Dance 11:15 Jam Session Open House 1 Ballroom Dance 1:30	2 Walk in the Park 9 Zumba Gold 9:30 Massage 10 Music w/ Kay 10:30 Sing-a-long with Ellis 11 Crafting Club 1	3 Agewell 10 News Talk 10 Building Balance 11:15 Pool Party 12:30 Game Day - Brain Teasers 1	4 Strength Building 9:30 Massage 10 Food Club 11 Dance Party 11 Sit, Stitch 'n Give 11 Pilates 11:15 Computer Chat 12
Lunch is served at Noon Monday - Friday except where indicated. See Menu & Nutrition Notes				
Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time				